

13SNIP

VASECTOMY

Patient Instructions Post Procedure

1. After your vasectomy it is recommended you go home and rest for the remainder of the day. Some men recover quite quickly from vasectomy while others may take up to 2 weeks. The average time to feeling back to normal is about 7 days. You may feel some discomfort in the testicles or the abdomen
2. You will have a small wound on the scrotum where we performed the operation. These wounds close on their own and don't need stitches. Try not to fiddle with the wound as it may re-open. Very occasionally we need to make 2 incisions to complete your procedure. We will tell you during the operation if this is the case
3. You may take a daily shower when you get home
4. For the first 2 days you may wish to take Paracetamol on a regular basis. The dose is 2 tablets every 6 hours.
5. On day 3 commence taking Ibuprofen (Nurofen), 2 tablets (400mg) every 8 hours for 5 days. This will assist with healing
6. Do not have sex or masterbate for 1 week after your procedure as this may upset the surgical site.
7. **Avoid heavy lifting (nothing over 5kg - including babies / children), jogging, cycling, working out for 7 days, longer (up to 2 weeks) if possible. Failure to follow this advice puts you at higher risk for a scrotal haematoma.**
8. If there is more bleeding than usual during the operation you may end up with black / blue discolouration around the scrotum or even tracking up on to the penis. Don't worry! This is normal and only a small amount of blood can have a dramatic effect. This will go away after a couple of weeks
9. You must complete you Post Vasectomy Semen Analysis at 3 months and at least 20 ejaculations after your procedure to confirm your vasectomy has been successful. Assume you are fertile until we tell you otherwise.

If you have any problems after your procedure, please call 137647. This number will divert to our doctor after hours.